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## (54) INHIBITOR OF ELEVATION OF GLYCEMIA AND HEALTHY FOOD

(57)Abstract:

PROBLEM TO BE SOLVED: To obtain an inhibitor of elevation of glycemia and a healthy food having synergistic inhibitory actions on glycemia unobtainable with a simple material by mutually affecting ingredients contained in each food material by combining a plurality of food materials.

SOLUTION: This inhibitor of the elevation of glycemia comprises an extract from pine tree bark and dietary fibers. The healthy food comprises the inhibitor of the elevation of glycemia.

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## LEGAL STATUS

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